



# Lincolnshire School Games Virtual Events

## Secondary: *Running in Isolation*

You can submit your entries from Monday 18<sup>th</sup> May through to Friday 29<sup>th</sup> May 2020.

### Important information

1. This is an individual event for K3, 4 & 5 - separate event for boys & girls at beginner, intermediate and advanced levels (see below)
2. This a Personal Challenge/Personal Best task for all. However, your result could go towards a Lincolnshire County final. Make sure you keep a copy of your result.
3. If you are under 13 years of age, you will need your parent/guardian to submit your entry for you .
4. Please plan a safe route before you set off. Complete it by doing laps of your garden/street/local park etc.

### Equipment needed

1. Running App (Strava is FREE and it's easy to share. Others are available; Google Fit, Garmin, Fitbit etc.)
2. Mobile phone
3. Suitable clothes to run safely in
4. A safe, planned, route

### **Inclusive! How can you get involved?**

#### **Space**

*Run around your garden, local street paths or grassed area/park*

#### **Task**

*Complete your run. You may enter more than one result. Try to beat your Personal Best*

#### **Equipment**

*Mobile phone with downloaded app (Strava etc.)*

#### **People**

*You may wish to run with other household members including parents!*

To submit your run, click on or scan the QR code below



#### **How?**

[Android](#)

[iPhone](#)

Click here to see how to share content via your [Android](#) or [iPhone](#) device

### Keeping young people active

#### More information on this activity:

1. Download the Strava app onto your mobile phone (it is FREE) or use similar (e.g. Google Fit, Garmin, Fitbit etc.)
2. Complete and record your run on your mobile phone.

**The categories are: 1K – Beginner, 3K – Intermediate and 5K - Advanced**

3. Press "share" on the activity. Then get the link and paste it into the Entry form. (if you can't share, take a screenshot of your result and share it via google photos / iCloud using the instructions in the green box above.

**Have you checked our safeguarding advice?**  
Click or scan here for more information



YOUTH  
SPORT  
TRUST